

# Kent County Resources

## Kent County Health Department

700 Fuller Ave., NE

Grand Rapids, MI 49503-1996

(616) 632-7100

Fax: (616) 632-7083

[www.accesskent.com/Health/HealthDepartment/](http://www.accesskent.com/Health/HealthDepartment/)

## MSU Cooperative Extension

Kent [County Extension](#)

836 Fuller Avenue, NE

Grand Rapids, MI 49503-1902

Phone: (616) 336-3265

Fax: (616) 336-3836

## Michigan Diabetes Outreach Network

(616) 458-9520 ext. 109

Fax: (616) 458-9532

[www.diabetesinmichigan.org/HomeTENDON.htm](http://www.diabetesinmichigan.org/HomeTENDON.htm)

## Spectrum Health Hospitals

(866) 989-7999

[www.spectrum-health.org/](http://www.spectrum-health.org/)

## Michigan Athletic Club

2500 Burton Street S.E.

Grand Rapids, MI 49546

(616) 956-0944

[www.michiganathleticclub.com](http://www.michiganathleticclub.com)

## Healthy Kent 2010

A community initiative to improve the health of Kent County, Michigan.

[www.healthykent.org](http://www.healthykent.org)

## Organization & Association web links

[www.cancer.org](http://www.cancer.org)

American Cancer Society 1 800 227-2345

[www.americanheart.org](http://www.americanheart.org)

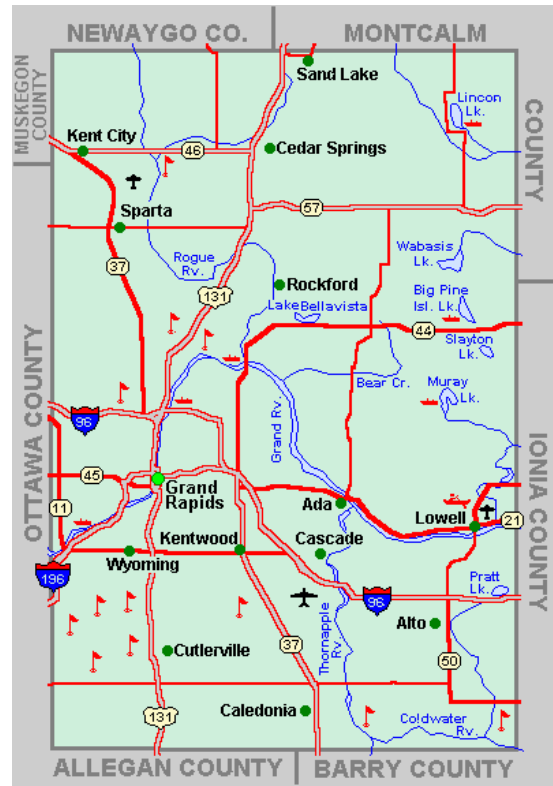
American Heart Association 1 800 242-8721

[www.alam.org](http://www.alam.org)

American Lung Association

For local resources call: 1-800-LUNG-USA

For lung health questions call: 1-800-548-8252



[www.diabetes.org](http://www.diabetes.org)

American Diabetes Association 1 800 232-3472

[www.eatright.org](http://www.eatright.org)

American Dietetic Association 1 800 366-1655

[www.cdc.gov](http://www.cdc.gov)

Centers for Disease Control

[www.michiganstepsup.org](http://www.michiganstepsup.org)

Michigan Steps Up

[www.nih.gov](http://www.nih.gov)

National Institutes of Health (of the US Dept of Health and Human Services)

[www.hhs.gov/](http://www.hhs.gov/)

US Dept of Health and Human Services. Has wellness links.

[www.aa.org](http://www.aa.org)

Alcoholics Anonymous

## Other Wellness Related Links

### Alcoholism or Alcohol Abuse

National Interactive Screening Project. Call for an anonymous Alcohol Screening toll free 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

### Depression Screening

National Interactive Screening Project. Call for an anonymous Depression Screening toll free 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

### Anxiety Screening

For a free anonymous screening go online at: [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

### Eating Disorders Screening

For a free anonymous screening go online at: [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

### Michigan Coalition Against Domestic & Sexual Violence

3893 Okemos Road, Ste B2

Okemos MI 48864

ph: 517 347-7000

fax: 517 347-1377

National Hotline: 1 800 799-SAFE

[www.ncadv.org](http://www.ncadv.org)

# Recreation

**Michigan's 97 State Parks** offer a variety of opportunities for physical activity, including canoeing, hiking, bicycling, swimming, water skiing and snow skiing.

[www.michigan.gov/dnr/0,1607,7-153-10365---,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

**Kent county parks information**

[www.accesskent.com/CultureLeisureAndTransit/Parks/parks\\_index.htm](http://www.accesskent.com/CultureLeisureAndTransit/Parks/parks_index.htm)

**North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

**Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

**Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

**Michigan bicycle club info**

[www.lmb.org/pages/Resources/biking\\_in\\_MI/clubs.htm](http://www.lmb.org/pages/Resources/biking_in_MI/clubs.htm)

[www.mmba.org/](http://www.mmba.org/)

**Michigan Walking club and events info**

[www.ava.org](http://www.ava.org)

**Cornerstone College**

[www.cornerstone.edu/resources/](http://www.cornerstone.edu/resources/)

**YMCA of Greater Grand Rapids**

[www.grymca.org](http://www.grymca.org)

475 Lake Michigan Drive NW  
Grand Rapids, Michigan 49504  
(616) 855-9622

**Ionia County YMCA Branch**

250 E. Tuttle St., Ionia  
616-527-5760

**Lowell YMCA Branch**

1335 West Main St., Lowell  
616-897-8445

**Gainey Family YMCA Branch**

730 Forest Hill SE, Grand Rapids  
616-285-9077

**Visser Family YMCA Branch**

3540 Fairlanes SW, Grandville  
616-530-9199

**Wolverine World Wide Family YMCA Branch**

6555 Jupiter Ave, Belmont

616-363-3000

**Want to start something in your area? Try these websites.**

**Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

**America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

**America Walks**

[www.americawalks.org](http://www.americawalks.org)